the Lions' Pride

Of Saint Leo University

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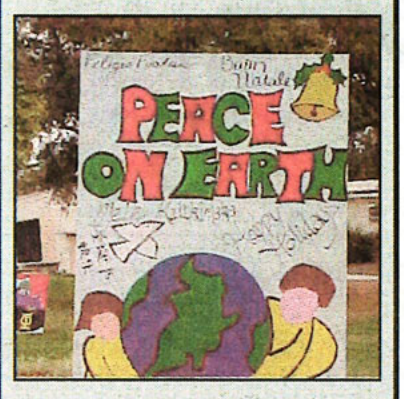
Today



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Welcome to Christmas Card Lane. (Curtis Robinson/SLU)

Holiday Happenings on Campus

Saint Leo University Has Been Alive with Holiday Spirit.

by Allison Myatt
Lions' Pride Editor

SAINT LEO - On November 29, 2001, Saint Leo University kicked off the holiday season with the annual Christmas tree lighting in front of admissions.

At the same time, Saint Leo also held the second annual Florida Orchestra Brass Quintet concert. The concert did not leave a free seat in Selby Auditorium. In fact, it did not leave a free step on the stairs either. The quintet played a range of music from the normal Christmas carols to Contrapunctus IX by Johann Sebastian Bach.

Shortly after the concert, Saint Leo's chorus gathered in front of admissions to make their debut performance at the Christmas tree lighting ceremony. Father Michael Cooper, S.J., S.T.D. and Father Anthony Kissel Ph.D., S.T.D. performed a small religious ceremony before the tree was lit.

Following the tree lighting, student affairs led those who attended the ceremony in Christmas carols and served refreshments until roughly 9:30 p.m.

Many people from the community as well as students enjoyed Saint Leo's annual concert. If the annual concert is held again next year, it is definitely worth attending.

Oversized Christmas cards designed by the University students are on display around the campus for all to enjoy. The cards were judged, and the winners were: International Students Association (first place), Alpha Sigma Sorority (second place), and Samaritans (third place).

Student groups sponsored four nights of prayer services at the Saint Leo Grotto Dec. 3 through Dec. 6. The Grotto was decorated with white lights, and Christmas and Advent music were played softly beginning at 6:30 pm on the evenings of the prayer services. Each night, one of the four undergraduate classes (freshman, sophomore, junior, and senior) served refreshments after the service.

How To Make Sure You Get What You Want for Christmas

by Kelly Touchton
Lions' Pride Staff Writer

It's early Christmas morning and the excitement of opening gifts is all you are thinking about. You probably haven't stopped to think what might happen if you get the wrong size or maybe even the wrong CD.

To make sure you don't get another hideous sweater from your grandmother, you might want to try shopping on the Internet. Many on-line retailers are offering "wish lists." A wish list is where the shopper can click on any item they may want and then you can e-mail that list to family members or friends.

What is so great about the wish list is that a person has to check what size and color he wants before it goes on the list. That way you always get the correct size and color.

Sophomore, Amber Rogala, has been using the wish list method

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Opinions

EDITORIAL

Bad Timing

by Allison Myatt
Lions' Pride Editor

Saint Leo University prides itself on "serving people of all faiths," but there seems to be one exception this year.

If Saint Leo really serves people of all faiths, then what is the deal with having finals week during Chanukah because they certainly are not serving the faith of all the Jewish students. For some students Chanukah is a time when they get together with their family, but this year they will not be with their families. Instead, they will be sitting in a classroom taking final exams and talking to their families on the phone.

Yes, we all attend a Catholic university, but the Jewish students came to this school simply because Saint Leo respects the religious beliefs of students. According to the mission statement, Saint Leo is striving toward teaching students to grow as people and members of the community, while gaining their own beliefs. But, for students who have their own beliefs, it seems like they are getting punished.

If you are a student who practices a different religion—whether it is Judaism, Buddhism or other religions—you are given a few options to choose from. One choice is to accept that you have to go to class on one of your major holidays. Another choice is if you have a test on that day you can arrange to take the test early, or if you are just missing a lecture day then you have to hunt down someone to borrow the notes from. However, if you have to take a test early, then there is a chance you are missing something of vital importance, like a review or notes. But, that is not the school's problem because you are choosing to practice your religion.

Granted, sometimes the schedule for classes and tests cannot be helped, but there comes a point when someone needs to consider other students. If the school can schedule the Monday after Easter off (April 1, 2002), then they should do the same for Yom Kippur. If you are a practicing Jewish student, then you will be in Synagogue all day on Yom Kippur, so you will be missing classes and possibly a test or important notes. But, rest assured if you are absent on this day and it is because you are Jewish, then it will be an excused absence.

In the education program at Saint Leo, future teachers are taught to consider students of various cultures and religions, but Saint Leo does not seem to practice what professors are teaching to the students. Instead, education professors are preparing students to teach in a diverse population, but our very own school is a poor model for teaching a diverse population.

To teach a diverse population, the realization of every student being different must be recognized and some adjustments must be made. It is understandable if some things cannot be helped, but there is no reason not to acknowledge that Chanukah falls during finals week.

EDITORIAL

ID Please

Daily Targum (Rutgers U.)
Staff Editorial

(U-WIRE) NEW BRUNSWICK, N.J. — Imagine having all of your medical history - all allergy information and medical data - on one card. Imagine also having any record of an illegal history on that card. Imagine this card being able to let government officials know what you are purchasing - when and where. This is not a page out of George Orwell's "1984;" it could soon be real life.

For several decades there has been debate about the United States making its own national identification card. The card would replace Social Security cards, and the more than 400 different versions of driver licenses in the nation. It could also include the information noted above, and more. An identification card that is simply an identification card in its purest sense is fine, but the card borders on violating civil liberties when it becomes a tracking device.

Countries such as Hong Kong, Malaysia, Singapore and Thailand equip their citizens with national identification cards. These cards could fare well for our country. The debate was brought to the forefront after the attacks on Sept. 11, because the hijackers had national identification, such as driver's licenses and social security numbers. Some of this ID was phony, but a national security card would cut down on this.

Yet some of the information that officials are suggesting be included on the card would only make matters worse for the public. Such personal information is not the government's business, and officials are proposing it be placed on databases in computers, which have already proved that they are easily hacked. Especially now, though, during this time of national crisis, it is not the time to be implementing a program that could infringe on the nation's civil liberties. An ID card that is harder to counterfeit than a driver's license is great, but a card that will let the government know what you just bought at the grocery store is not.

EDITORIAL

Finals Tips for Students, Professors

Sidelines (Middle Tennessee State U.)
Staff Editorial

(U-WIRE) MURFREESBORO, Tenn. — It's that time of year again.

The time you start realizing your procrastination isn't really going to pay off in the long run. The time when your roommate's odd quirks are just too much to handle and you want to drown him or her in the small pond that often forms on the intramural fields. The time when you want to do obscene things to the guy who stole the spot you were waiting for in the Bell Street lot. The time you start pulling your hair out. It's time for finals. It's time for stress.

Being a college student at this time of the year can be quite a complex task. (Not that it is not all of the time.) While juggling class work, a job, extra-curricular activities and somewhat of a social life, sometimes it's hard to find enough hours in the day. When finals come around, it really gets tough. Oftentimes it seems that professors don't remember how hard it is to manage everything.

This is why we thought it would be a great time to point out a few things that could make our lives just a little bit easier.

First, although a little late to help us this semester, next semester, do not make a student's final grade come only from a midterm and a final. Throw in an assignment or participation grade to help those geniuses who simply don't test well. Knowing that you could either get a D or A in a class depending on how you do on one test is quite nerve-racking.

Next, please prepare us for the final. By making a review sheet and setting aside the last day of class for questions, students will have a better idea of what to focus their attention on. There is nothing worse than studying 25 chapters in a book only to get to the test and find there are some sections that are not even questioned. By outlining the material, students not only save time (which is very precious during finals, especially when you have more than one on the same day), but generally do better and gain more knowledge by making a review sheet.

Which leads us to our next point. Cumulative tests are worse than pulling teeth! Some professors say that learning is cumulative, so we should be tested that way. OK ... so maybe they are right. But it's still hell.

So professors, while planning your finals, please be gentle. We are delicate creatures with fragile minds during this stressful holiday/finals season. And students — good luck.

WRITE HERE

Send letters to the editor and guest columns to the Lions' Pride newsroom, Saint Edward's Hall, English Department.

Or, send your letter/column by e-mail to monarch@saintleo.com

Letters and guest columns must be submitted with student's name, year and major. Faculty and staff members must include rank and department.

Please include a phone number (not for publication) so we can verify authorship.

All letters and columns are subject to editing.

The Lions' Pride reserves the right not to publish any letter or column.

New Class Times - Will Community Be Lost?

Classes will run through the lunch hour next semester.

by Jessica Williams
Lions' Pride Staff Writer

SAINT LEO – Friends sitting together to discuss their days is a constant sight in the dining hall during the lunch hour. Will this be lost without a set lunch period?

Starting in the spring semester, classes will run through the normal 12:30-1:30 p.m. lunch hour. This decision to have classes run through the normal lunch hour was made by the administration.

"Most of us in the administration liked the compressed schedule as it made community easier. All students had a common time when they came together to eat," began Dr. Douglas Astolfi, vice president of academic affairs.

"However, many students complained that the long lines at 12:25 made it impossible to eat anything except a quick sandwich or salad and a handful of cookies," continued Astolfi.

Therefore, this year Sodexho Marriott has comprised the dining hall with continual hours from 7 a.m. to 7 p.m. that allows students to get their food throughout the day.

"We are implementing the Sodexho 'Crossroads' program. It calls for more items to be cooked on demand in front of students," explained Dr. Arthur Kirk, president of the University.

The "Crossroads" program cannot work if everyone arrives at once. Therefore, the only way to keep up with the demands of the students at 12:30 p.m. is for the food to be cooked first and kept in steam trays so that the food stays warm.

In the previous years, students complained that the food was not fresh. So, administration devised the idea to have continuous service in the dining hall, thus making the food fresher.

"As a result, the administration began exploring the idea of a 'continuous feeding' model that would keep the dining hall open and would spread out student opportunities to get the full lunch that they had paid for," explained Astolfi.

Many of the faculty are happy about the new schedule change because it provides more time in the classroom. On Tuesdays and Thursdays, the hour lunch break was very crucial to class time.

"With the mandatory lunch hour combined with mandatory 'free time' on Thursday afternoons, we lost valuable hour and a half class time slots," explained Charles Fisk, professor of economics, on the benefit of the new class schedule.

Students seem willing to accept the change in the way class times will run through the set lunch hour. With the dining hall open all day, students can eat at any time. However, there are some students who will be affected due to their class schedules. Some schedules will have students go to class and the students will not have a break for lunch until after 3 p.m.

"Although I think it is a good idea to be able to have more of a variety of classes, I feel that it is going to affect several students. Many will not have a lunch hour," explained senior, Shane Metzler.

Dr. Rebekah Thomas, professor of biology, stated her good feelings about the schedule change.

"I think, overall, having continuous service in the cafeteria makes good sense. Having more classes offered during the day makes good sense. And, I think it will improve student satisfaction."

"I don't see the problem, after awhile it is easy to adjust to your schedule. I mean, we are not in high school anymore," stated Shannon LaRiviere, a freshman.

This change in scheduling will happen in the spring. Administration will see how successful the change is and decide whether or not to continue it in the future.

"We need to assess the effects of the program next semester to see if students take advantage of having more times for lunch and to see if the dining hall can accommodate the changing pattern. If, as we hope, the change makes lunch better for students, then we will continue the program next year," said Astolfi.

All in all, students will need to accept the change. If students do not like the schedule, they can talk to the administration. The only way anything can be done is if students speak up.

Stephen Hess to Lead Saint Leo University Gainesville Center

SAINT LEO - Stephen Hess is the new director of Saint Leo's Gainesville Center, promoted from assistant director at the University's Lake City Office from 1996 to 2000. Hess manages the daily activities of the Gainesville Center, including admissions, faculty and staff recruitment, and the Center budget and financial planning. In addition, he evaluates the articulation agreement with the Center host community college and provides feedback regarding the Saint Leo website.

Previously, Hess practiced family and health law in New Orleans for 15 years, and left the field when he was shot in an attempted robbery. He joined Saint Leo as an administrator while recovering from his injury. "It was a tragic event that caused me to reassess my life and brought me to Saint Leo," Hess said. He sees his arrival at Saint Leo as an avenue to get more involved, impact other people's lives and strengthen his own faith. Hess received his bachelor's degree from Marquette University, master's degree from Georgia State University, and juris doctorate from Louisiana State University.

FHP Updates Traffic Information Online

by Katherine Gage
The Florida Alligator (U. Florida)

(U-WIRE) GAINESVILLE — Are you sick of being late to work or school because of a traffic jam? Do you wish you could find out what is the best route to take before leaving your house?

The Florida Highway Patrol has a new online service that provides statewide traffic information, said Maj. Ken Howes, FHP spokesman.

"The report is taken directly from the FHP Computer-aided Dispatch Systems," Howes said. "When one of our duty officers dispatches a trooper to a traffic-related incident, the event shows up on the site."

"The Live Traffic Crash and Road Condition Report," which was officially launched Friday, displays a map of Florida divided into counties and FHP troop areas, he said.

Howes said once the site is accessed, the user can click on a troop area, and he or she will get a screen that displays all of the traffic events currently being investigated by the FHP in that region.

The site, which is updated every five minutes, is managed automatically by computers tied to each of the troop's 10 servers, Howes said. According to Lt. Mike Burroughs of the FHP, the site is receiving approximately 200 hits per hour.

Burroughs said one of the main reasons FHP came up with this service is to reduce the number of phone calls dispatchers receive about current traffic conditions.

"The FHP created this site mainly to become more user-friendly to the motoring public and other citizens in the state," Burroughs said. "We wanted to keep motorists informed of travel conditions throughout the state."

UF junior Allison Dicus said she is excited about the service and plans on checking the site upon leaving for upcoming road trips.

"When it is time for away football games this Fall, it will be helpful to know how bad the traffic is and to see what time will be best to leave Gainesville," Dicus said.

Burroughs said the service also will come in handy during hurricanes or other natural disasters.

"It's going to be used to keep motorists informed of road closures and evacuation routes during inclement or dangerous weather," he said.

However, people should not completely depend on the report, he said. "Users should not count on the site as a gospel," Howes said. "Since situations can change in five minutes, roads you thought were opened may be closed by the time you get there."

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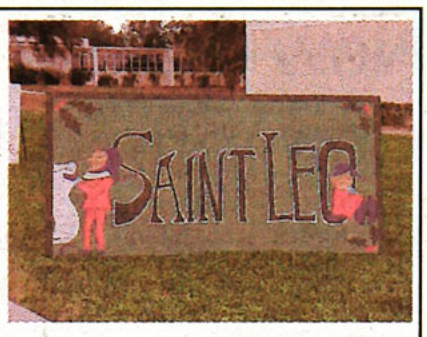
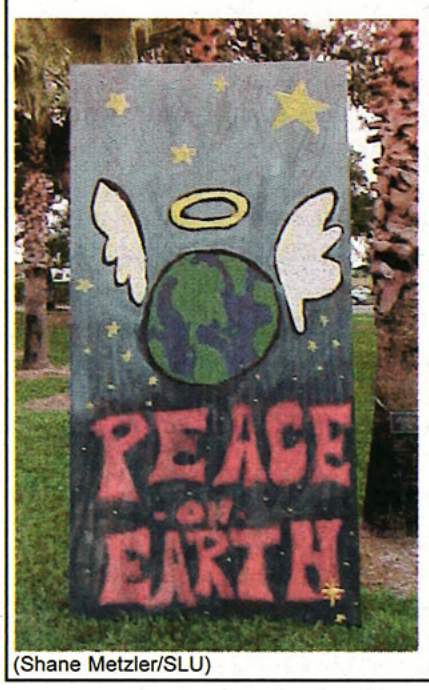
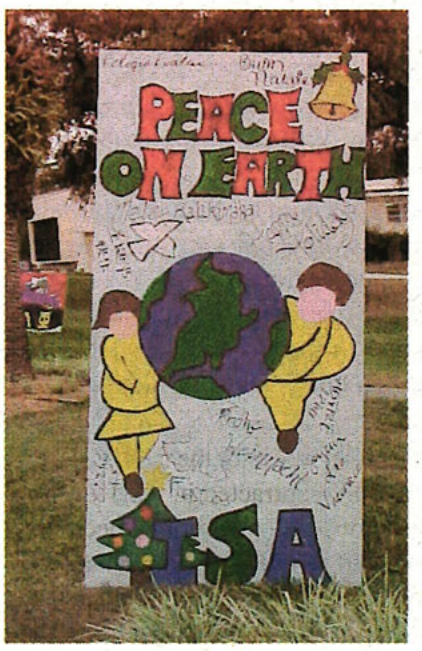
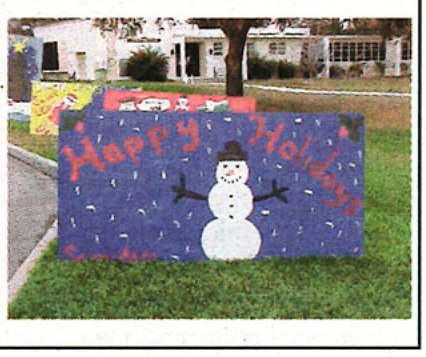
Welcome to Saint Leo's Christmas Card Lane









(Shane Metzler/SLU)

Responsible Stewardship in an Age of Uncertainty

As series of seminars were held in October to promote leadership in campus organizations.

by Jessica Williams
Lions' Pride Staff Writer

SAINT LEO – Leadership is important for Saint Leo University students to possess, especially those who are involved in organizations on campus.

The conference entitled "Responsible Stewardship in an Age of Uncertainty" was held on October 21, from 1:30 p.m. to 6:30 p.m. Saint Leo's Student Government Union was in charge of the conference.

Dr. Ed Dadez, vice president of student activities and SGU advisor, stated the Leadership Conference was a series of seminars for students to learn how to make their clubs and organizations successful.

All organizations, including Greek Life were required to have 25 percent of their members in attendance. For those who did not have a representation of 25 percent, consequences were rendered.

According to the SGU Constitution adopted last year, clubs and organizations will lose their status and be exempt from receiving allocations for their events.

Travis Thompson, vice president for operations, was in charge of the whole conference.

"The individual breakout sessions were developed to aid students in becoming responsible stewards and to get some hands-on training in that area," explained Thompson.

"Attendance at the conference was strong and will hopefully allow many of the students to get a grasp on community service, as well as, development of their own leadership skills," explained Travis Thompson.

At Breakout Session 1, students were given the choice between: "Learning to be an Effective Leader for Every Situation," "St. Jude Children's Hospital's Up 'Til Dawn Program," and "I'm Late! I'm Late! For a Very Important Date."

These sessions instilled the values of leadership and the importance of time management. For a community event, St. Jude's "Up 'Til Dawn Program" was discussed to give clubs and organizations ideas.

Students had the choice to attend sessions on "Shoes That Fit," "Hey, It's a Group Thang," and "Every Leader Needs to Have Self Management Skills" for the second breakout session.

"Shoes That Fit" is an annual fundraiser to provide underprivileged children with shoes. Students who attended this session were given information on how they can help. Communication and diversity were discussed, and it was shown how important these two factors are in an organization to help it run smoothly. By attending the Self Management Skills session, students were able to learn more about managing their time.

Managing stress, programming ideas, and the importance of community service were mentioned in the final sessions.

After all the sessions were completed, everyone met in the cafeteria. A section was set aside for SGU to use. Dinner consisted of steak, potatoes, and vegetables.

During dinner, Rose Bentley, community relations coordinator, Big Brothers, Big Sisters spoke. Bentley explained the importance of helping children in the surrounding communities. Since everyone in attendance was a leader on campus, Bentley described the importance of students using their leadership skills to benefit others.

"A number of leadership skills will assist students in their organizations to be more successful. We hope that from our theme [responsible stewardship], students would look more to our Benedictine values," explained Dadez about the purpose behind the Leadership Conference.

Approximately 75 students attended the Leadership Conference. There will be another leadership conference held in the spring.

Dadez is hoping that organizations will hold elections in the spring. Therefore, the spring leadership conference will be used as training for the newly elected officers.

"[The spring conference will] train leaders so that they are up and running in the fall. Thus, the fall conference is a refresher for the leaders and a tool for the new members," explained Dadez.

"Attendance at the conference was strong and will hopefully allow many of the students to get a grasp on community service, as well as, development of their own leadership skills," explained Thompson.

Definitely keep an ear out for the Spring Leadership Conference. It will be a great benefit to each and every organization on campus.

Anthrax Summary

Inhalational Anthrax
- Most fatal.
- Symptoms include sore throat, muscle aches, mild fever, and malaise.
- Four deaths have been associated with this type of anthrax.
- Incubation period is reported to range from 1-7 days and may be as long as 60 days.

Cutaneous Anthrax
- Occurs when the bacteria enters an open cut on the skin. Incubation period is 1-12 days.
- It begins as an itchy bump that turns into a liquid-filled sac in 1-2 days. This is then followed by a necrotic ulcer. -
- The lesion is usually painless, but fever and headaches occur. Accounts for 95 percent of all cases.
- No death have been reported, but there are seven confirmed cases and five suspected cases.

Gastrointestinal Anthrax
- Occurs through the consumption of raw or undercooked meat.
- Incubation period is 1-7 days.
- Inflation of the lower bowel usually causes fever, nausea, vomiting, loss of appetite, abdominal pain, and diarrhea.

Anthrax: How Real Is the Terrorism?

Anthrax is an infectious disease that has been the cause of numerous deaths in this country.

by Jessica Williams
Lions' Pride Staff Writer

SAINT LEO – First America was struck with fear after the events of September 11. Now, Americans are faced with bioterrorism, which is when someone uses a biological disease to plague the world.

After September 11, a mysterious white substance started to appear in letters. America's greatest fear came true; anthrax was being spread.

The first case occurred in Florida. Bob Stevens, a 63-year-old photo editor for the tabloid, The Sun, contracted it. On September 19, a letter had been received at The Sun, which had contained a mysterious powder. Stevens was diagnosed with inhalation anthrax. He died six days after developing symptoms.

Anthrax is an infectious disease caused by the bacterium bacillus anthracis. It mainly occurs in animals, but it can be passed to humans, as well. There are three forms of human anthrax: inhalation, cutaneous, and intestinal.

Inhalation anthrax is when anthrax is in the air that humans breathe. Once it is inhaled, it enters the lungs and deteriorates them. Inhalation anthrax is the most fatal. Most people who encounter this form die. Symptoms begin like the flu and after a few weeks breathing problems occur.

Cutaneous anthrax is spread when a cut or sore on the body comes into contact with anthrax. It then enters the blood stream. The symptoms of cutaneous anthrax start out with an itchy bump that turns into a liquid-filled sac.

Finally, intestinal anthrax is when anthrax is eaten. Usually the anthrax is put into the food undetected. Intestinal anthrax is concurrent with symptoms of nausea, loss of appetite, vomiting, and severe abdominal pain.

There are antibiotics to give those who have been exposed to any form of anthrax. A lot of people want to take the antibiotics without the actual diagnosis of anthrax. Ivan Walks, MD, director of the Department of Health in Washington, D.C., is afraid that if people take the antibiotics and later down the road are exposed to anthrax, the medicine will not have an effect.

Lately most people who believe they have been exposed to anthrax have not been exposed. It has been a product of hysteria. Walks and other doctors want to prevent Americans from mass hysteria. They are hoping that with more knowledge of anthrax that people will realize they are safe.

"What worries me the most during these very difficult times is inaccurate information," stated Walks.

According to Saint Leo University nurse, Janice Waldstein, all colleges and universities are linked into a vast listserve that provides all the necessary information that school health officials should know to keep students safe.

"In addition, back in late September, I connected with our local county health department and hospitals to become aware of what the county protocols are in the event of an act of bioterrorism," explained Waldstein.

Anthrax is an act of terrorism, but Americans will once again persevere. Nothing will bring America down, as long as Americans stick together.

For more information on anthrax, consult the following websites: www.cdc.gov (The Centers for Disease Control) and www.usps.com (United States Postal Service).

Elevators, Cafeterias and Other Hot Spots for Germs

by Patrick Lister
The Pitt News (U. Pittsburgh)

(U-WIRE) PITTSBURGH — Sniffles and sneezes are common sounds on college campuses — students always seem to get sick just in time for that important test or paper.

Anita Bostjancic, the administrative manager of University of Pittsburgh's Student Health Services, expects the office to become much more hectic with the arrival of cold and flu season. Steve Smith, a junior, named several reasons why students sometimes get sick during the fall semester.

"I think that going to parties is a big thing," Smith said. "Also, you're around a lot of strange people, and the city isn't as clean as some places, either."

While the Center for Disease Control in Atlanta could not be reached for comment on the particulars of contracting an illness, the Cobb County Board of Health in Marietta, Ga., confirmed that college living conditions can be conducive to spreading germs.

Joy Wells, the director of health services at the board of health, said, "Any time that there is a crowd of individuals in a small area, they are always more likely to become ill."

These campus hot spots include cafeterias, dormitories, elevators and lecture halls

Wells is an epidemiologist, a doctor specializing in the spread and control of infectious diseases. She recommended that all individuals, particularly students, procure the necessary immunizations recommended by their colleges and universities. Other precautions include basic sanitation measures, such as hand washing, that everyone should take to avoid the spread of germs.

On the home front, Bostjancic mentioned that students should be aware that Student Health is available in the fight against such illnesses.

December Horoscopes

Aries (March 21 - April 19) You are a natural leader, which will really come in handy this month.

Taurus (April 20 - May 20) Your kindhearted nature speaks volumes about who you really are.

Gemini (May 21 - June 21) Since you have a passion for traveling, this is the month to take that vacation you have been longing for.

Cancer (June 22 - July 22) This will be a very eventful month for you, just be sure not to let your emotions get the best of you.

Leo (July 23 - August 22) You love shopping but be careful not to go too overboard this month.

Virgo (August 23 - September 22) Your problem solving techniques are exceptional this month.

Libra (September 23 - October 23) Your ability for treating everyone fairly catches the eye of an important person.

Scorpio (October 24 - November 21) Pay special attention to your intuition this month.

Sagittarius (November 22 - December 21) Your optimism greatly affects others around you.

Capricorn (December 22 - January 19) Don't get too caught up in minor details, otherwise you may miss out on greater things.

Aquarius (January 20 - February 18) Your charming behavior will entertain many this month.

Pisces (February 19 - March 20) Your mysterious ways attract the attention of a stranger.

-Janet Samancioglu-

Arts & Entertainment

MUSIC IN REVIEW

by Mark Relano

Twenty of the Greatest CDs You Should Have in Your Collection

This list in no way attempts to rate or categorize CDs, but, instead, supplies the reader with a wide spectrum of music that is of the highest standard. Many music genres are covered, and the titles are in alphabetical order. The first part of the list was printed in the last issue of the Lions' Pride: this is the second half.

Innuendo: Queen – This is Queen's last CD of all original material. *Innuendo* is Freddie Mercury's musical allusion concerning his death...and life. He gave all of his vocal prowess while disintegrating from AIDS when recording this disc. Radio hits in the early '90s like the Led Zeppelin influenced "Innuendo," the fast-paced "Headlong," the reflective and forgiving "These Are the Day of Our Lives" and the theatrically stoic "The Show Must Go On" gave credence to the CD's pertinence. Mercury talks of taking chances in "Ride the Wild Wind" and morbidly, humorously, and candidly sings about dementia, comparing it to "knitting with only one needle," in "I'm Going Slightly Mad." Mercury sings from the perspective of HIV in the hard rock track "The Hitman," and Brian May displays his most interpretive guitar work in the hauntingly melancholy "Bijou." Mercury, when in too much pain, sucked back shots of vodka, telling the band that the show must go on—and he did go on—until the very last moment. Ironically, Mercury announced his illness to the media the day before he died in November of '91.

Listen Without Prejudice Vol. 1: George Michael – Michael has stepped out of his normal synthetic sound on this disc, replacing it with acoustic instruments. On this sonorous CD, the former Wham! member utilizes guitars, piano, strings and horns to provide the listener with an extraordinary disc. Hits like "Praying for Time" and "Waiting for That Day" are two examples of the outstanding tracks, and moving numbers like the reflection of a soldier's life in "Mother's Pride" likewise underscore the CD's worth. Although Michael downplays synthesizers, there are still several dance tracks congruent with his style. This is clear in the soulfully rhythmic "Soul Free" and the dance hit "Freedom 90." *Listen Without Prejudice* surpasses all of Michael's other work.

Maybe You've Been Brainwashed Too: New Radicals – If lead singer, guitarist, songwriter and only official member of New Radicals, Gregg Alexander, hadn't quit his band to become a music producer, this one-hit-wonder might have had a successful performing career. Fortunately, Alexander left us with a first-class CD of Rock 'n Roll, R & B, Soul, and Pop. His wry, candid and perceptive lyrics are inventive and idiosyncratic, like the bluesy "Crying Like a Church on Monday" and the acoustic rock tune "Jehovah Made This Whole Joint for You." This CD also includes the hit "You Get What You Give." Alexander's multi-layered vocals on the two minute intro, "I Hope I Didn't Just Give Away the Ending," feels like the song's ending—making it even more compelling. Alexander has a true gift for music for such a tender age.

Measure of a Man: Kevin Sharp – Sharp almost never got the chance to live his dream as a singer: he almost died of cancer. After an arduous recovery, he released his first CD, *Measure of a Man*. This disc contains the country ballad "Nobody Knows" (released simultaneously by Boyz II Men). Sharp's innocent vocals add just the right touch of emotion to the track. *Measure of a Man* conveys the country singer's grounded perspective on life; it is family, friends, and love he values—not money or fame. The single, "She's Sure Taking it Well," rings out with bitter sentimentality, and the last track, "Love at the End of the Road," brings Sharp back to his hometown, where an old lover, an old friend, and an old acquaintance, God, tell him, "I knew you'd come back / My heart told me so."

Mr. Happy Go Lucky: John Mellencamp – Mellencamp had a glorious epiphany after his heart attack, and the result is divulged in *Mr. Happy Go Lucky*. It includes his chart toppers "Just Another Day" and "Key West Intermezzo (I Saw You First)," but it also contains life-affirming, thought provoking tracks like "This May Not Be the End of the World" and "The Full Catastrophe." This disc is essential for those who love Mellencamp and for those who hate him. This CD is so good and so illuminating for the Indiana artist, that it inadvertently rubs off on the listener with every guitar stroke, every drum (or heart) beat, and every subtle and conspicuous word. Rock 'n roll has rarely seen such perfection, but Mellencamp has provided us with an indelible, cathartic rhapsody.

Parachutes: Coldplay – This CD sounds like a three-piece R&B, Blues, and/or Jazz ensemble disguised as an Alternative Rock and Pop quartet. Coldplay is undeniably talented. The hit "Yellow" compares the stars to an unknown love, and the rhythm guitar is mesmerizing. *Parachutes* is smooth and cultivated—fresh yet familiar. Every track is mellow and positive with subtle influences of Pink Floyd and U2. The new release "Trouble" is wonderfully evocative and my favorite tracks are "High Speed" and "Everything's Not Lost." The lead singer's unique, undulating falsetto gives the CD a heartfelt, unconventional appeal. This CD is so dramatically outstanding that I listen to it repetitiously, yet, never get enough. *Parachutes* does to the listener what a parachute was designed to do: it takes the adventurer, the "free-faller," down to earth in a gradual, free-spirited and sublime descent.

Sehnsucht: Rammstein – Rammstein's second studio CD is the epitome of hard driving rock. The German band blends Metal, Industrial, Rock, Ska and "electronica" to comprise a hell of a disc. The experimental group takes eclecticism to new heights with tracks like the Dance/Metal song "Du Haste" (You Have). Guitars have never been used the way Rammstein uses them. Their sometimes constant, progressive chord movement is very intriguing and sounds like nothing else out there. *Sehnsucht* offers the strange contrast of melodic yet fragmented sound, while retaining crafted production without commercialism. The disc contains a hidden track: the remake of Depeche Mode's "Stripped." The cover song is the only track sung in English. Whether you're in a "mosh-pit" or taking a "posh sit," *Sehnsucht* has everything you ever wanted in a frenetic yet organized Heavy Metal/Industrial CD. So what if you can't understand the words; it just adds to the mystery.

Something for Everybody: Baz Luhrmann – Luhrmann (*William Shakespeare's Romeo and Juliet*, *Moulin Rouge*) is an Australian movie, stage and song producer/director. He's known for mixing antithetical types of music, giving old tunes new modern vivacity and transforming contemporary rock songs into traditional musical arrangements. On this CD, Luhrmann furnishes the listener with his assimilative talents via samples of his Avant-garde operas and musicals such as *Midsummer Night's Dream* and *Strictly Ballroom*. The disc likewise includes selections from *Romeo and Juliet* and "The Speech Song," a hit from a couple of years back. This disc has a dance version of Prince's "When Dove's Cry"—sung by a woman; "Perhaps Perhaps Perhaps" performed by Doris Day; a techno remake of "Aquarius/Let the Sunshine In;" and, even a piece from Luhrmann's Australian version of *La Boheme*. On one song, "Happy Feet," Luhrmann hits at least eight or more music genres including Barbershop, Techno, Pop, Dance, Ballroom, Rock and Big Band. I've known no other song to encompass so many different styles of music as "Happy Feet." This CD doesn't make a false claim: it does have *Something for Everybody*.

Sogno: Andrea Bocelli – *Sogno* (Dream) displays Bocelli's innate talent as an opera singer. Critics dubbed Bocelli's two romantic CDs (*Romanza*, *Sogno*) "Popera"—a combination of Pop and Opera. Bocelli has grabbed the attention of traditional classical lovers, as well as bringing in new sheep to the fold with his modern songs and quintessential, resonant voice. The Oscar nominated duet with Celine Dion, "The Prayer," is on this CD, along with a beautifully powerful track entitled "Canto Della Terra." The combination of strings and synthesizers on *Sogno*, gives it an atmosphere of romance, peace, and tenderness—yet there are moments of resounding, melodious vitality. Bocelli pays homage to a classical composer in the spirited "I Love Rossini" and offers a sedate, quivering vocal on "Tremo E T'amo" (I'm Trembling and I Love You). Bocelli writes and gently speaks the lyrics for the final track, "A Mio Padre," in which he addresses the need to live his own life away from his loving but overprotective father. Bocelli is the greatest tenor of the modern era. *Sogno* is entrancing from beginning to end; it takes opera to previously unfathomed places.

The Very Good Years: Frank Sinatra –*The Very Good Years* is the best collection of tunes by the "Chairman of the Board" one could possibly hope for. Sinatra performs the Cole Porter classics "Night and Day" and "I've Got You Under My Skin" and Sammy Cahn's "The Last Dance" and "Love and Marriage." Sinatra's indomitable spirit permeates the tracks "New York, New York," "That's Life" and "My Way." I'm not a huge Sinatra fan, but I totally dig this CD. My favorite, "It Was a Very Good Year," takes the listener on a journey through the singer's entire life in contemplative vignettes/verses. This CD has a lot more hits than I've mentioned, 18 in all, but if you want to relive the past or experience it in its best form for the first time, pick up Sinatra's *The Very Good Years*.

MOVIES IN REVIEW
by Curtis Robinson

Out Cold

"Out Cold" is set in Alaska—a place cold enough to freeze the look of laughter on your face.

"Out Cold" is a movie about a son who gains control of a recreational mountain and turns around and sells the mountain to a yuppie who tries to turn it into something no one likes.

The comedy alone makes this movie stand out on its own. For example, Luke, one of the main characters, tries to make a scene even steamier when he tries to warm his family jewels in the jets of the hot tub. However, this is not the only scene that is going to make you wish you wore some adult diapers to the movie. Another scene that will get you to laugh is the scene when a group of snowboarders crashes a party wearing their pants around their ankles.

The acting also made this movie stand out. One can tell that the actors deliver the lines and the actions without overacting. It is great to finally see some fresh new faces in the movies. Along with these new faces are a few veteran actors to give the new ones some guidance.

The Alaska setting is great because it has been a long time since we have a seen a movie made in that cold state. It is nice to see comedy happing in the snow.

This is definitely a movie I would tell everyone to go see. If not for the comedy, go to see the fresh faces in the movie. This movie delivers all kinds of comedy that everyone will love.

Take A Look Around!

by Amanda Lindsey
Lions' Pride Staff Writer

SAINT LEO - Every year Saint Leo University holds an open house for perspective students. This year's was a hit among participants, planners, helpers, and attendees. The open house was meant to serve as a sort of preview of campus life, activities, and academics.

Many of the prospective students were shown around by a special organization of staff and students called STAR. Their job was to accentuate all the positives Saint Leo has to offer. They lead tours showing students the campus, and they also answer all those pertinent questions.

Another big task for STAR is to explain the small atmosphere and classes and how that contributes to academic success.

"The tours have been good for questions and getting the future students oriented with Saint Leo University," Anthony Domingo said. "I feel the open house is going well, and the only confusion has been with the surveys."

The surveys were a small part of the day and were for information only. It was the t-shirts that came with filling out the survey that fueled the confusion; no one can have enough t-shirts.

For students, everything seemed appealing to the eye.

Casey McKenna from Leranto, FL said the dorms are "livable," but the programs and size of Saint Leo was what attracted her and helped her make a decision. Layson Craft had similar things to say about his day at Saint Leo. He commented on the friendly people, the small classes, and the good activities of the day, which helped make up his mind. Casey Callahan was very impressed by the activities and campus. She was pleased to see the availability of professors and resources. She listed the separation of students and parents as a good part of the open house. She felt she had a say in the decision of her future school. Casey's mother and aunt attended with her and were both pleased by the open house and what Saint Leo had to offer Casey in the long run.

Most of the people who attended the open house had the same things to say and were pleased with Saint Leo. The biggest fear was that their children were leaving the nest. This fear was soon subsided by the warm welcome of Saint Leo's staff and students. Their presentation at the open house was extremely helpful and Saint Leo spoke for itself. Many will choose to come here; some will not, but whereever they go we wish them well.

All-nighters Might Prove to be Beneficial, New Sleep Study Shows

Depriving students of sleep does not damage their abilities to retain information.

by Hilaire Fong
Daily Bruin (U. California - Los Angeles

(U-WIRE) LOS ANGELES — Instead of catching a few more hours of sleep the night before an exam, pulling an all-nighter may prove to be beneficial, according to a new sleep study.

Rapid Eye Movement sleep, the dreaming period, does not have an important role in memory formation, according to University of California-Los Angeles psychiatry and biobehavioral science professor Jerome Siegel's study.

"It is an attractive idea that learning actually occurs in sleep," Siegel said. "However, I have read hundreds of studies, and that idea is not well supported by data. There is no correlation between intelligence and REM sleep."

The more sleep you get, the more often you reach REM. During sleep, people go through several nonREM stages before reaching REM sleep, and as the cycle continues, REM sleep becomes more prevalent than deep sleep.

Studies show that depriving humans and animals of REM sleep by awakening them or by drug treatments does not damage their abilities to retain information.

In many cases, humans taking a class of drugs called Monoamine Oxidase Inhibitors that eliminate REM sleep for periods of months or even years have unimpaired or, in some cases, improved memory. Also, humans with brain damage that prevents REM sleep have normal memory.

Siegel said this research does not mean it is wise to pull an all-nighter before any big test, and he does not promote that idea.

"If you are sleepy, you will not be able to concentrate and organize the material," Siegel said. "It just depends on the test itself, and whether you can make it safely to the exam."

For exams that test broad knowledge, like the SAT, Siegel recommends that students sleep instead of study. But if students need to learn specific material for a test, staying up to learn the material would not hinder their abilities to retain information.

Research conducted on animals draws similar conclusions to human studies: There is no correlation between intelligence and REM sleep.

Dolphins, considered by scientists to be very intelligent animals, spend less than 12 minutes of their 10-hour sleep period in REM sleep. Animals that have long periods of REM sleep are not necessarily smarter than animals with short periods of REM sleep, Siegel said.

Siegel is especially interested in research on the platypus, one of the most primitive animals and the only duck-billed mammal. Platypuses spend eight hours of their 14-hour sleep period in REM. Even though platypuses spend more than half their sleeping time in REM, they are not a highly advanced species compared to other animals.

For humans, the choice to sleep or stay up is an important one, especially for students whose grades may be on the line. Students try to find a balance between knowing the material for a test and feeling clear-minded enough to take the test.

In order to function during a test, many students say they try to get about seven hours of sleep the night before.

Fourth-year biology student Anthony Camara prefers to get sleep the night before a test. He is, however, willing to stay up early into the morning to make sure he covers all of the material.

"If I do not get sleep before an English test, I will still be able to stay up and function. If I have to calculate a lot of numbers for a science or math test, I make more mistakes when I do not get sleep," Camara said.

CHRISTMAS CON'T

for years. She says the reason why is "I was tired of getting sweaters that were too big and not my color."

When the list is e-mailed to the recipient, he can print it and take it to the store and have some ideas about want you really want for Christmas. Also the wish list can also be used to shop on-line.

So this Christmas don't complain about how you never get the right size or you receive an ugly pair of socks. Use the wish list. Here is a sample of on line retailers that offer wish lists:
Gap www.gap.com
American Eagle Outfitters www.ae.com
Barnes and Noble www.barnesandnoble.com
CD now www.cdnow.com
Amazon www.amazon.com
Target www.target.com

SLU Sports

Could the Olympics Be Canceled?

There are a couple of reasons the Olympics could be canceled: safety and war.

(U-WIRE) SALT LAKE CITY — Even before 1996, when the International Olympic Committee selected Salt Lake City to host the 2002 Winter Games, millions of dollars had already been spent on Olympic preparations.

Now, with less than 100 days before Opening Ceremonies, more than $1 billion has been spent by federal, state and city governments and other agencies, including the University of Utah.

The Salt Lake Organizing Committee has a $1.3 billion budget to use on the Games. However, only $150 million of that is insured. Many agencies that have contracts with SLOC are waiting for reimbursements for money spent on facilities and Olympic preparations.

The venues have been built, Park City is fitted with a new ski jump, and Kearns has a new ice skating oval. The U has a brand new stadium and residence halls, but what happens if something goes wrong?

If the Games cost more to put on then they bring in, or if they are canceled, SLOC might not need to honor the contracts. That means the agencies that built the venues, or the state, will be held responsible for the costs.

If the Games are canceled, everyone loses — nobody will win the gold.

SLOC officials have said they aren't even considering the possibility of a cancellation — neither are U officials.

In his effort to manage the U's involvement, Wayne McCormack, director of 2002 Olympic Coordination, meets with SLOC officials multiple times each week.

McCormack said he can't detect any concern from SLOC officials. "Everybody's full speed ahead, waiting and preparing for the event," he said.

But maybe SLOC officials should be concerned.

In modern Olympic history, since 1896, the Games have been canceled three times — each time because of war.

Should the United States, now at war, be allowed to host the Games?

IOC member Gerhard Heiberg suggested it shouldn't.

Two weeks ago, Heiberg said he felt the United States should not be able to sponsor the Games because of the war in Afghanistan. He said the IOC should discuss what type of an offense the United States was involved with-armed conflict, military action, a strike against terrorism or a war-and then make a decision as to whether or not the Games can go on. One day later, Heiberg retracted his words.

In 1916, the Games were scheduled to be held in Berlin, Germany. That didn't happen because of the outbreak of World War I. Tokyo, Japan, was to host the 1940 Olympics. Many countries planned to boycott the Games because of Japan's aggressive war in Asia.

In 1939, the IOC announced the cancellation of the 1940 Games because of the beginning of World War II. Because of the length of that war, the 1944 Olympics were never given to a host city.

So if the Games are canceled — what happens? What if safety concerns, sparked by the Sept. 11 terrorist attacks, cancel travelers' plans to attend the Games? Those travelers will not be spending their money in Utah, they won't be coming. Small crowds during the Olympics mean big problems for the state's economy.

After the terrorist attacks, security became the top priority in preparing for the Games. To ensure spectators' and athletes' safety during the Olympics, Gov. Mike Leavitt and Salt Lake City Mayor Rocky Anderson have met with members of Congress and national defense officials to find ways to beef up security. They plan to add security checks and send the bill back to Congress.

They also received permission to make an extended no-fly zone around the Olympic Village. Security will be tight all around the village and traffic on many of the U's roads will be limited to authorized vehicles only.

In modern Olympic history, since 1896, the Games have been canceled three times — each time because of war.

Despite all of the inconveniences the Olympics cause U employees and students, the U is still better off because of the Games, McCormack said.

Years ago, U officials signed a contract with SLOC for complete and exclusive use of Rice-Eccles Stadium and the Heritage Commons residence halls during the Olympics. For this right, SLOC agreed to pay the U $36 million to renovate and build the new facilities.

The U was grateful to get financial backing to help complete the projects. Administrators admit the U would have built new residence halls and a new stadium anyway.

The stadium and Fort Douglas were in the U's long-term plans. Without the money they received from SLOC, they would not have these facilities today, McCormack said.

According to the contract between the two agencies, SLOC will pay the U this money on certain conditions. If the Games don't make money, then the U may be added to the list of Olympic losers. The U might be stuck paying for the construction projects.

"The good news is $26 million has already been paid by the State Building Board," McCormack said.

The board paid the money for construction and renovation of Heritage Commons, because the dorms will host athletes during the Games as the Olympic Village. Renovations were needed to make this possible.

The contract states that after the Games, SLOC will pay the State Building Board. However, if the Olympics never happen, or don't raise enough money, the board will ask the U to dish $26 million back.

Lynn Ward, state budget director, said they can do this, but McCormack disagrees. "I don't see anything in the contract that would lead anyone to think that," said McCormack, who is also a professor of law.

If the Olympics were canceled, SLOC's creditors would be after their money, and the U's creditors would be after the U's money, McCormack said.

In addition to $26 million for housing, the U may also need to come up with another $10 million to cover the costs SLOC has promised to pay for use of the stadium.

If SLOC never pays the money, the U will be stuck with a $36 million bill.

McCormack said, "We could survive the hit."He admits it would have a larger indirect impact on the U, but there would be few immediate ramifications.

U Senior Vice President for Budget and Resource Planning Paul Brinkman said if the Olympics were canceled, there would be long-term implications to the state's budget.

"Anything that affects Utah's economy affects the U," he said.

Canceling the Olympics would have a negative impact on higher education across the state. Because all state higher-education institutions are dependent on state funding, the state's colleges from Logan to St. George are counting on the Games.

State revenue estimates for this year are counting on the Games for a large boost to the slowing economy. Already factored into the 2002-2003 budget are the funds from the Games. The state is counting on $140 million generated during Games time ($60 million for the state government, and $80 million for city governments).

"Without the Olympics, the state will be limping ," Ward said.

She said the state believes each spectator will spend more than $150 a day. This money will provide local businesses with an opportunity for extra funds. If the Olympics are a huge success financially, it could carry Utah's economy for a while, Ward said.

With only three months until the Games, and a war raging in Afghanistan, the Olympics are still on. SLOC, state and U officials hope it stays that way, and that tourists come and spend their money.

Like Sports??

The Pride is looking for a sports writer
to cover campus sports next semester.

If you're interested, please contact Dr. Baglione, Dr. Edmonds,
or Mrs. Kasper through the English Department.